



Activities



HELP YOUR CHILD LEARN AND GROW!

Try these fun and easy activities with your 2-month-old—a great way to have fun together and encourage your child's healthy development.

Take turns with your baby when he makes cooing and gurgling sounds. Have a "conversation" back and forth with simple sounds that he can make.

Rest your baby, tummy down, on your arm, with your hand on her chest. Use your other hand to secure your baby—support her head and neck. Gently swing her back and forth. As she gets older, walk around to give her different views.

Gently shake a rattle or another baby toy that makes a noise. Put it in your baby's hand. See if she takes it, even for a brief moment.

Read simple books to your baby. Even if he does not understand the story, he will enjoy being close and listening to you read.

Put a puppet or small sock on your finger. Say your baby's name while moving the puppet or sock up and down. See whether he follows the movement. Now move your finger in a circle. Each time your baby is able to follow the puppet, try a new movement.

With white paper and a black marker, create several easy-to-recognize images on each piece of paper. Start with simple patterns (diagonal stripes, bull's eyes, checkerboards, triangles). Place the pictures so that your baby can see them (8"–12" inches from her face). Tape these pictures next to her car seat or crib.

Place a shatterproof mirror close to your baby where she can see it. Start talking, and tap the mirror to get her to look. The mirror will provide visual stimulation. Eventually your baby will understand her reflection.

Sing to your baby (even if you don't do it well). Repetition of songs and lullabies helps your baby to learn and listen.





Activities



FUN & EASY SOCIAL-EMOTIONAL ACTIVITIES

Try these activities with your 2-month-old—a great way to have fun together and support your child's social-emotional development.

Sing songs you remember from childhood to your baby. Hold your baby close in your arms or in a baby carrier. Gently dance with your baby.

With your baby on her back, take a tissue and wave it above your baby for her to see. Tissues also can fly, float, and tickle parts of your baby's body. See how your baby responds. If she fusses, then stop playing.

If your baby cries, find out what he needs. He is letting you know something with his cry. When you respond, he learns to trust you are there for him. You cannot spoil your baby at this age.

Hold your baby and put your face close to hers. Make silly faces. Smile at your baby. Stick out your tongue. Yawn. Wait a few seconds and see if she tries to repeat your actions back to you.

Step back from your baby so he cannot see you. Gently call his name. Watch what he does. Does he stop moving for a moment? Does he try to move his head toward your voice? Pick him up. Say, "Here I am."

Place interesting things close to her bed for her to look at. Hang objects or toys out of reach. Tape simple pictures from magazines on the wall.

Introduce new, safe* objects for your baby to explore. Simple objects such as plastic cups and big wooden spoons are all new to him.

**Be sure to review safety guidelines with your health care provider.*

Talk to your baby about what she is doing, seeing, hearing, and feeling. Say, "I am changing your diaper. You will like being nice and dry. I love you!"

